



For further information:

**Drugaid**

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0870 numbers are more expensive from a mobile. 0870 numbers are cheaper from a landline.

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**[www.drugaidcymru.com](http://www.drugaidcymru.com)**



**LSD**

# LSD

(Lysergic Acid Diethylamide)

*Acid, blotters, trips, tabs*

*Sometimes LSD is known by the picture on the tabs*

## What does it look like?



## What is it?

LSD belongs to a group of drugs, known as hallucinogens and can be very powerful.

LSD usually comes as tablets or on blotting paper, though liquid LSD is occasionally available.

## What will it do to me?

LSD can cause hallucinations in which people experience altered images, colours and sounds.

On a trip you may also experience changes in self, space, time and meaning.

You may also have distortions in your sense of touch, taste, smell and hearing.

The drug's effects are affected by both the individual and their surroundings, and it is difficult to predict what type of experience you will have.

Once taken the effects can start after approximately 30 minutes and can last from 8 to 24 hours.

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## When does it become a problem?

- The biggest risk is experiencing a 'bad trip' where you can feel extreme panic and fear.
- People can experience delusions which can be terrifying such as seeing spiders that aren't there or people they are with having distorted faces. You may also think you can hear people talking about you. These kinds of experiences are a kind of paranoia that can feel very real and frightening.
- Some people report 'flashbacks' after LSD use. These are unexpected and can cause the user to feel the same fear and panic experienced during their LSD use.

## Staying safer

- Always remember that you can never assess the strength of LSD before taking it. Try starting with small amounts.
- Everyone has different responses and different tolerances – just because somebody else enjoys the experience doesn't mean you necessarily will.
- Calm, non-threatening environments without flashing lights and loud music can minimise feelings of panic and fear.
- Look after each other. Don't let people wander off if you are near a risky place like a busy road or train tracks.

- If someone is having a bad trip, try and sit with them and talk calmly and try to reassure them.
- Some people think drinking orange juice helps when they are having a bad time – if someone believes it will help them, then it almost certainly will.
- If it all feels too strong – try and remember that the effect of the drug will pass. You will start feeling better and feel more in control in time.

## The Law

LSD is classified as a Class A drug.

### Penalties

**Possession:** 7 years' imprisonment or a fine or both.

**Supply:** life imprisonment or a fine or both.

**Production:** life imprisonment or a fine or both.